Pauline Furlong's Talks On Health and Beauty

Facial Massage.

NOTHER massage movement for removing mouth lises and helping to lift sagging face is illustrated to-day. It is performed by placing the tips of all four fingers of each hand along the lines and smoothing the ficsh backward and upward toward the cars. Of course, the fingers must always be anointed with cold cream before any of these movements

are started otherwise the flesh would be pulled about and become soft, loose and more sagging than before the treatments were begun.

Here, too, in this movement the pressure may be slightly firmer than when the massage is applied around the delicate tissues surrounding the eyes, and the fingers must leave the face and start the movement at the mouth-line each time and never be allowed to move downward with backward stroke. Always massage upward and in circles when possible, but this cannot be done on all parts of the face.

As you bring the finger-tips backward toward the ears, make five small circles in front of the ears to efface the small lines which all too soon come to disseure this part of the face.

aders must understand that the care of the complexion in liffers to some extent from that which is given in winter. Less cold cream is necessary, and it need not be so thick and heavy as the creams you have en using to combat the coarse and drying effect of sharp, cold winter

am giving a formula for a light sold cream suitable for massaging the skin during the warm weather: Malt twenty-five grams of spermacett with ten of cocoa butter over lukewarm water, and when soft add twenty-five grams of sweet almond oil and five of glycerine. Add these last two while swiftly whipping the mixture with a wooden or ivory spoon. When well mixed and nearly sold add fifteen grams of drange flower water and beat until cold. Seal until wanted. This is especially recommended for dry, sallow, wrinkled skin.

MOUTH WASH-GRACE D.: The following lotion should be mixed well and placed in an air-tight bottle. It leaves a delightful and lasting taste in the mouth: To one cup each of tincture of orris root, alcohol and distilled water add five drops of sweet almond oil. A few drops each of spir its of camphor and myrth added to a giass of water also makes a delightful and refreshing mouth wash. *

POISONED BY IVY LEAVES-EL L. M.: Place a teaspoonful of bicarbonate of soda in a cup of warm water and bathe the parts frequently with this, allowing it to dry in.

TO KEEP THE HAIR WAVY- it on hand.



LINES FROM NOSE MOUTH, ALL FOUR FINGERS OF EACH HAND ON EACH CHEEK NEAR NOSE

ESTHER F.: Apply some of the following to the hair before putting it up in curiers; Tragacanth, three teaspoonfuls; oil of sweet almonds, one teaspoonful; rose water, three cups-This may be made in smaller quantitles, but as it keeps fairly well, when corked, it saves time to make it in larger amounts and always have

The Housewife's Scrapbook

of evaporated milk. There pods through the wringer in a jiffy. should always be a can on hand in every household for use in case of emergency. It is excellent for all substitute for fresh milk. It will keep sweet for a week, sometimes longer, after it has been opened, and even if it sours it will give the same satisfaction in buking as soured whole

When roasting meat in the oven place the pan in a dish of water. This will prevent the burning of

Before frying out fat put it through sects. the meat chopper. By this method you will extract the grease from even the hard bits and you will also save ment than if cut into pieces.

To preserve macaroni and spaghetti from being pasty when cooked. wash it in several waters just as you do rice, barley, &c., before cooking.

wringer to shell the beans for can- then take the gloss nicely.

HE shortage of milk has taught ning. She loosens the rollers so the the housekeeper the advantage beans will not crush and she rung the

A thrifty housewife bakes huckleberry ples on the economy plan by cooking and baking purposes as a adding a good-sized tanana, thinly

fuel as it requires a shorter time to Melt together two parts of beeswax One housekeeper uses the clothes main a few minutes and they will

The Secret of a Long Life

men and women. Perhaps the most distinguished of Cornaro's twentieth and at the age of eighty-six he wrote century disciples is Thomas A. Edison, who has repeatedly stated that he expects to live to be a hundred, translated and read.

grunted in final word, "until I get a lawyer to talk to. I know that much Sawyer, if I don't know a hell of a lot. An' you can get it out'n your head that I'm the kind to snitch on a pal—even if I had one, which I didn't."

the time of his death, but in a treatise written shortly before his taking off he explained that, while he did not expect to live long after passing the century mark, his untimely end would be due to the fact that he was born with a "poor constitution," and had not lived correctly in the first forty years of his life.

eliminated from his diet everything his hat, was stiff and short worded. In the long, quiet hours which came during the few days following the few days following

was born with a "poor constitution," were important features in his sysand had not lived correctly in the
first forty years of his life.

Cornaro's wife, who survived him
a short time, was well past the century mark when she died. Their
only child, a daughter, was born
when both were past forty, yet they
when both were past forty, yet they
when both were past forty, yet they
where important features in his sysing to its original significance, you
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might prefer that it remain a original significance, you
might prefer that it remain a original significance, you
might prefer that it remain a original significanc only child, a daughter, was born when both were past forty, yet they his theories, and who stood for "a sheld to see her the mother of eleven ohildren. Several of Cornaro's descendants adopted his doctrines and "I' never realized the world was lived to be very old.

In reply to those who scoffed at green with young June. He had been ment upon the bride of all the huster working Lovelady, a newly broken band's possessions, and gave to the said simply and convincingly:

The ranch house by gentle hills still working Lovelady, a newly broken band's possessions, and gave to the physical working Lovelady, a newly broken band's possessions, and gave to the physical working Lovelady, a newly broken band's possessions, and gave to the physical working Lovelady, a newly broken band's possessions, and gave to the physical working Lovelady, a newly broken band's possessions, and gave to the physical working Lovelady, a newly broken band's possessions, and gave to the physical working Lovelady, a newly broken band's possessions, and gave to the physical working Lovelady, a newly broken band's possessions, and gave to the physical working Lovelady, a newly broken band's possessions, and gave to the physical working Lovelady, a newly broken band's possessions, and gave to the physical working Lovelady, a newly broken band's possessions, and gave to the physical working Lovelady, a newly broken band's possessions, and gave to the physical working Lovelady, a newly broken band's possessions, and gave to the physical working Lovelady, a newly broken band's possessions, and gave to the physical working Lovelady. The working Lovelady and the physical working Lovelady and the band's possessions, and gave to the physical working Lovelady. The working Lovelady and the physical working Lovelady and the band's possessions, and gave to the physical working Lovelady and the band's possessions, and gave to the physical working Lovelady and the physical working Lovelady and the physical working Lovelady and the band's possessions, and gave lived to be very old,

of long life, but the one which has best stood the test of time and experience is that of Luigi Cornaro, a sixteenth century Venetian, who has been the inspiration of thousands of his life by adopting a temperate and grunted in final word, "until I get a lawyer to talk to, I know that much,

he expects to live to be a numeror.

as a reward for his adherence to the regimen of the famous Italian. "If a community should stop short and follow the teachings of Cornaro," there said Edison on one occasion, "there said Edison on occasion, "there said Edison on occasion, "there said Edison occasion, "there said E is no reason why the life of the coming people should not reach 150
years."

or a year he was rid of the allments
which had threatened his life. After
that he began to experiment with
years."

or a year he was rid of the allments
forget it. There had been that attended which comes sometimes when
a man's hand and a woman's meet,
Bud Lee grunted at the memory of
various foods, and quickly discovered
it; Judith, remembering, blushed It was 253 years ago that Luigi that the palate is a poor guide. Many scarlet. When she and Lee met, she looked Cornaro died at his home in Padua. foods which tasted good were rehim straight in the eye with marked him straight in the eye with marked him straight in the eye with marked the time of his death, but in a reateliminated from his diet everything his hat was stiff and short worded.

Leave It to Lou









Anything to Keep

Him Busy, Loui

JUDICIEL (DE LA LUIE DE LA LUIE DE RANCIEL. By Jackson Gregory Company

A Story of Western Ranch Life, in Which a Red Blooded American Girl With "Pep" IVins Out Against Big Odds and Gets the Respect Due Her

with Lee.

came one who might well have been

AMPTON'S captive, known to them only as Shorty, a heavy. He knew that this was Marcia surly man whose small. Langworthy. He had never known close-set eyes burned evilly until now just how pretty she was, under his pale brows, rode that night between Hampton and Judith down to the ranch-house. He maintained a stubborn silence after the first outa stubborn silence after the first out-

refused to talk. "Aw, hell," he grunted as Lee demanded what influence had brought him with Shorty and Quinnion into this mad project, "let me alone, can't

burst of rage, Crowdy, like Shorty,

In answer to Judith's call, Doc Tripp came without delay, left brief, disconcerting word that without the shadow "Oh!" cried Marcia. "So you know of a doubt the hogs were stricken who I am? Yet I have never seen with cholera, and went on with his you, I think."

Ittle bag to see what his skill could "The star doesn't always see the

Do you want to live to pass the cantury mark? If so, there are many systems which pretend to offer to their adherents the boon common to that era. As a result he through the mountains until they got found himself a physical wreck at the collections.

Under fire in the dark cabin with

so beautiful until I reached old age." meadow, stepping daintily in and out. The ring as a symbol has at all

that she went back through the meadows and to the house.

"I've been terribly unconventional, haven't I?" she smiled at him. "But I mustn't again. Next time we meet, tember, teiling me I've got to begin to speak to you. "Unless," releating brightly, "you come up to the house and are properly introduced!"

As she went through the likes Lee saw her wave her parasol to him.

CHAPTER XV.

HREE days later Bud Lee learned that Judith Sanford

learned that Judith Sanford

learned: that Judith Sanford was, after all, "just a girl, you know"; that at least for once in her life she had slipped away to be by herself and to cry.

"Come here, Bud Lee!" commanded Judith sharply, dabbing at her eyes.
"I want to talk with you."

"I—I didn't know you were here," he astammered. "I was going to make a some coffee and have junch here. I do, sometimes. It's a real fine day, isn't it, Miss Sanford? Nice and warm and—" His voice trailed off indistinctly.

Lee went into the cabin without looking back. Judith, watching him, saw that he ran his hand across his forehead. She aniffed at him again, But when Lee, had the coffee ready she had washed her face at the spring, had tucked her tumbled hair back under ber hat, and looking remarkably cool, came into the calin. Lee thought of his meeting with Marcla, of her repeated assurance that she knew she had violated the conventions.

"Oh I'm not seeking to intrude into charce to do his knife act again somewhere clse. Do you get me, Bud Lee?" "I get you," replied Lee.

"I get the chance. An attompt was up to you, Bud Lee, to help see that I get the chance. An attompt was up to you, Bud Lee, to help see that I get the chance. An attompt was up to you, Bud Lee, to help see that I get the chance. An attompt was up to you, Bud Lee, to help see that I get the chance. An attompt was up to you, Bud Lee, to help see that I get the chance. An attompt was up to you, Bud Lee, to help see that I get the chance. An attompt was up to you, Bud Lee, to help see that I get the chance. An attompt was up to you, Bud Lee, to help see that I get the chance. An attompt was up to you know what the larg-worm through my calves. Now it's the hogs. De you know what the larg-worm through my calves. Now it's the hogs. De you know what the larg-worm through my calves. Now it's the hogs. De you know what the larg-worm through the see to spread the lung-worm through my calves. Now it's the hogs. De you know what the larg-worm through the see to you have an attompt was up to you understa Lee went into the cabin without looking back. Judith, watching him, saw that he ran his hand across his forehead. She snifted at him again. But when Lee, had the coffee ready she had washed her face at the spring, had tucked her tumbled hair back under her hat, and looking remarkably cool, came into the cal'in. Lee thought of his meeting with Marcla, of her repeated assurance that she knew she had violated the conventions. Still stepping daintily she came on until, with her parasol twirling over her shoulder, she stood in the shade You're Mr. Lee, aren't you?" asked Marcia. She was still smiling and looked cool and fresh and very allur-

"Yes," he answered, his gravity touched with the hint of a responsive smile. "Is there something I can do for you, Miss Langworthy?" that she knew she had violated the conventions.

"Oh, I'm not seeking to intrude into your priyate affairs, Mr. Bud Leel she cried warmly at his tone. "I have no desire to do so, having no interest in them. Eirst of all, I want one thing clear: You said when I first-came that you'd stay a few days, long enough for me to get a man in your place. We have both been rather too busy to think of your leaving

How It Started By Hermine Neustadtl The Wedding Ring

"With all my worldly goods I

in your eyes stamped your lit- eternity, and its use in the wedding was prepared to maintain stoutly in Carson had not. in your eyes stamped your little foot and said "For the Causes service is not without this thought. It will be no man's chattel!" while you tenderly tied it around under your neck and tucked the ribbon under your blouse.

For the marriage ring is not, where the foot and said "For the Causes is not without this thought. As a pledge the ring dates back to One morning, very early. Mrs. Simpson, from the thick curtains of the living-room, saw Jose "prowling find a transfer of authority and carried with it the power of the donor, ried with it the power of the donor, around suspicious-like in the court bled in a glorious brown confusion over the marriage ring is not, where "And Pharach said unto always thrilled to Jose. The halfneck and tucked the ribbon under fied a transfer of authority and car-"And Pharaoh said unto Joseph, "See, I have set thee over

all the land of Egypt.' "And Pharaoh took off his ring from his hand and put it upon

to hear at that distance. But she a few moments ago, Poker Face said."
made out that the other man had something in his hand, something white. A pigeon! For, suddenly released, it figured out of the man's (To Be Continued.)

Distinctive Summer Frocks For the Smart Woman By Mildred Lodewick

A Smart Yet Conservative Model for the Business Girl

dainty frocks as one sees in the country, summer frocks are worn by those whose lives are apart from business, but in the shopping district where stately stone of place in anything dainty.

naturally chooses something conservative, but as for clinging to dark blue, which so many are just to themselves Through three, goasons of the year, they are faithful to it,

"I get you," replied Lee.
"Ahoy, there!" It was Pollock
Hampton's voice. "We saw your
horses and thought we'd catch you
picgloking. Got a fire going, too!
kay, that's bully. Come ahead,
Marcia."
Marcia."

"Si, senorita," answered Jose. "Poky

"Poker Face? All right, Jose. The

about all the things you know which are so wonderful to me. Isn't life to are so wonderful to me. Isn't life to are so wonderful to me. Isn't life to think so, Mr. Lee".

A sheepman can lie," grunted the colored chambray. The tart means I have to dig up each that means I have to dig up each to think so, Mr. Lee".

The breeze playing gently with the pricipal, lightly big."

"Yes." he admitted slowly. "That's big: mightly big."

"With the money I raised." Judith sorted Marcia into the short slash occuration of the continued. "I bought out the third she had interrupted. His eyes were full of her.

Fate, in the form of old Carson, turned a herd of belowing steers out into the fields lying between the meadow and the ranch-house that afternoon just as Marcia, making a shaking her skirts and lifting her parasol, It was scarcely to be won-dered at that the steers seemed to Marcia a great herd of bloodthirsty heasts. Then there were her pink gown and sunshade.

"Oh, dear, oh, dear on the steers seemed to folioud the steers seemed to family and only the saits. Then there were her pink gown and sunshade.

"Oh, dear, oh, dear oh, dear of bloodthirsty heasts. Then there were her pink gown and sunshade.
"Oh, dear, oh, dear oh, dear of the steers seemed to family command to have the smoke which are the sain and only the saint of t he dimple at the back of your neck.

The dear old goosts: And poor out first Langworthy, Mr. Lee. Golly, Jose! Sha'll get something on him width, that coffee smells good!"

To herself Judith was saying:
Just the type to be Bud Lee's ideal ady!"

To Jose she said abruptly:

"Go down to the men's quarters, Judith challenged Hampton to she added, carelessly: "Seen any of the men you!"

easts. Then there were her pink to have trouble with tarks and exceptionally good eattle that he's an exceptionally good eattle that he's an exceptionally good eattle later. Judith challenged Hampton to she added, ca can be in the men exceptionally good eattle later. Judith challenged Hampton to she added, can be it was under Lee's protection his limitations. He is of the old later. Judith challenged Hampton to she added, can be in the men extended in the men experiment. The protection has limitations. He is of the old later. Judith challenged Hampton to she added, can be in the men experiment. The men experiment is a single and so left marcia and Bud the men experiment. The men experiment is a single and so left marcia and so left marcia. The men experiment is a single and so left marcia and so left marcia and so left marcia and so left marcia and so left marcia. The men experiment is a single and so left marcia and so left marci

CHAPTER XVL

RS. SIMPSON had made a Jose took little more time for his discovery. It was spech- errand than for his elaborate bow. RS. SIMPSON had made a marking! It was tremend. Carson and Lee came promptly, Car-O N with your wedding ring, my times had a dignified and noble conous. Nothing short of that: son a score of steps in advance, for broidered voile, it is easy to feminist sister, who with tears notation. By its form it signifies So, at the very least, Mrs. Simpson wash his face and brush his hair: few stitches of blue by hand.

Simpson, from the saw Jose "prowling the living-room, saw Jose "prowling around suspicious-like in the courtyard!" She thrilled at the sight She always thrilled to Jose. The half-breed had gone sliently, "sneaking-like," by Judith's outer door. He had paused there, listening.

She saw another man who, evidently, was a third of the "gang."

dently, was a third of the "gang."

dently, was a third of the "gang."

where under her in her chair, "And where under her in her chair, "And



to develop a pale pink voile dress for a girl eighteen years old? She has perfect figure and looks well in anything, but I have had success with many of your aketches. Juat something pretty,

MRS. R. Narrow lace lasertion and a deep yoke of white volle embroidered with blue. If you can get only white am-

broidered voile, it is easy to add a

I wish to have a simple dress of grass green linen. Good lines and easy to make, it must be, and I appeal to you for aid, as I admire your styles. Am rather signder but athletic in build, a brunette, with

good complexion. MISS E. W. N. Iriah or other heavy lace beading used as trimming around neck

through skirt,

